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SURVEY SAYS 'PEGGERS ARE NOT ROMANTIC, BUT RED-HOT-HOTEL MANAGER BEGS TO DIFFER

PAGE 3

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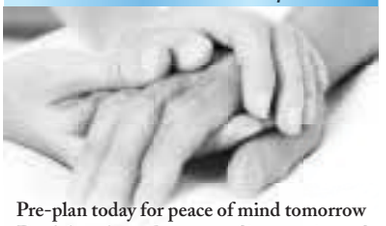

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WINNIPEG metro®
Tuesday, February 5, 2013
News worth sharing.
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Red River College student Maria Cristina Laureano, 25, is launching a website this Saturday that features the stories and photographs of burn survivors from across Canada, including herself. STEVE BURTON/FOR METRO

Student reaches out to burn victims

Life after burns. Red River student shares her own emotional story on new website

SHANE GIBSON
shane.gibson@metronews.ca

A website being launched by a Red River College student showcasing the stories of burn survivors from across Canada — including her own — aims to bring support and a resource to others who've suffered a body-altering burn.

After the Cocoon is the brainchild of 25-year-old Creative Communications student Maria Cristina Laureano, who came up with the idea after learning about the resources she missed out on after being burned as an infant in the Philippines more than 20 years ago.

Launch party

Laureano will hold a launch party for afterthecocoon.com Saturday starting at 2 p.m. at the Fire Fighters Museum at 56 Maple St. The free event will feature speakers, photographs from the website and tours of the museum.

"I fell under the radar, and the burn-support networks never found out about me," explained Laureano, whose scars from the second- and third-degree burns — received when a pot of boiling water spilled on her at just nine months old — were hidden by time and clothing. She and her family moved to Canada when she was four.

"I went through it by myself … and never knew another burn survivor."

Laureano had a completely different idea in mind just days before pitching her Creative Communications final project last year but instead opted to design a website with stories and photos of other survivors after finding out about support groups like the Canadian Burn Survivors Community.

"I got really excited because it was the first time I ever found out that there were people out there like me," said Laureano, who interviewed and photographed the nine other survivors featured on her website at a conference last summer.

"I think it'll be good for new burn survivors to read about what other people went through and how they got through it.

"This whole project isn't just about how people get burned; it's about what happens afterwards."

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So you're in an igloo ... where do you pee?

New skill. Two University of Manitoba professors have been showing people how to make igloos for more than 30 years

Participants in an igloo-building workshop survey their work. SEAN LEDWICH/FOR METRO

Using the bathroom while riding out a multi-day blizzard in an igloo is literally cool.

"Peel back the (caribou) skins and (put your) bum up against the wall," said Dr. Jill Oakes.

Oakes would know. She and fellow University of Manitoba professor Rick Riewe have been showing people how to make igloos for more than 30 years.

On Saturday the husband-wife team, who actually met in an igloo, held a workshop on igloo-making and Inuit culture at the Lyncrest Airport east of Winnipeg.

Participants — mostly students with a few members of the public — spent all day crafting four igloos in which many spent the night curled up with caribou skins.

Caribou is the best insulator, said Ameena Bayjer-Koulack, because the hair contains a "honeycomb structure" that traps air.

It was the second year out for Bayjer-Koulack, who joined the workshop last year as part of Oakes' Northern Environment class. She slept in an igloo last year, and had to strip off layers of clothing in spite of a -40 C wind chill, she said.

Riewe said a single person in an igloo, with no other heat source, will warm the air to 0 C if the temperature is -30 C outside.

He says igloos, unique to the people of Canada's northern shore from Alaska to Greenland, are not easy to build.

"If you've never built one of these things and try to build one … (it's) virtually impossible."

Find out what Riewe and Oakes are up to online at northernenvironment.blogspot.ca or email questions to Jill.Oakes@ad.umanitoba.ca.

SEAN LEDWICH/FOR METRO

Got snow?

How to build a solid igloo

On flat ground, mark out a circle about six feet across.

Cut uniform blocks from dense snow (important!) with a handsaw. Use the handsaw as a length measurement, the blade for width, and your hand for thickness.

If right-handed, lay blocks counterclockwise. Use a butcher's knife to shave ground-level blocks so they ramp gradually until initial circle is complete. Now you will place blocks on blocks in an upward spiral. The trick is the block being placed should only contact other blocks at the corners.

A right-handed person stands inside the igloo and holds the block with their left hand while shaving between blocks with the right. If the shave-job is good, a solid tap on the right (free-standing) edge of the block should set it.

Finish the top with a piece carved like a pumpkin top, and fill in the gaps from the outside. Carve out a door, lay out caribou skins, close the door with a block, and enjoy!

On the web

For more local news, go to metronews.ca

Caught

Suspects in widespread crime spree arrested

Two alleged thieves behind a crime spree that targeted both businesses and individual Winnipeggers over the last month-and-a-half have been arrested. METRO

Warning

Lake Winnipeg given alarming distinction

Manitoba's largest freshwater lake has won a dubious distinction.

Lake Winnipeg was declared Threatened Lake of the Year for 2013 by the Global Nature Fund after being nominated last year.

"Scientists have been warning us about Lake Winnipeg's future as far back as 1969," said Vicki Burns, Outreach Coordinator for the Lake Winnipeg Foundation (LWF) in a press release.

"They warned that we needed to decrease the nutrients that are causing the toxic blue-green algae blooms back then. Yet, despite these warnings the action to clean up the lake has been very slow.

However, Burns said she hopes the embarrassment of 'winning' the award spurs action.

"We are more determined than ever to save our lake."

Most of the lake's pollutants come from nutrient and pesticide run-off, as well as urban impacts from cities upstream, including Winnipeg and several U.S. cities and towns. METRO

Algae blooms on Lake Winnipeg in 2006. CONTRIBUTED

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No roses and wine for us

Valentine's. Survey says Winnipeggers are the least romantic singles in the country, but Canada's most romantic hotel begs to differ

SHANE GIBSON
shane.gibson@metronews.ca

An all-suite hotel in Winnipeg voted among the 10 most romantic destinations to visit in the world has no love for a survey released Monday calling Winnipeg singles the least romantic people in Canada.

"Obviously they haven't come to the Mariaggi hotel," said hotel general manager Lowell Laluk, referring to a Match.com survey that found only 36 per cent of Winnipeg singles plan to celebrate Valentine's Day this year.

What a bunch of saps

- The Match.com survey found singles in Toronto are the most likely to call Valentine's Day a romantic holiday at 72 per cent.

"Probably 85 per cent of our guests are directly from Winnipeg — plus we get couples from out of town who come here because we are a romantic hotel in a romantic city.

"Maybe all the romantic people were over at our place when they called for the survey."

The survey, which spoke to 1,045 single men and women across the country, also found Winnipeg singles to be the least likely to call Valentine's Day a romantic holiday at just 56 per cent.

"This perhaps can be attributed to the long Winnipeg winter, filled with short days and low temperatures that can bring on the winter dulls," suggested Match.com's relationship insider, Kimberly Moffit, in an email to Metro.

Sarah Granovsky, who has worked behind the front desk at Mariaggi's Theme Suite Hotel & Spa for the last eight years, balked at the findings, pointing out that not only was the hotel recognized by Tripadvisor.ca as one of the world's most romantic hotels last year, it was the only Canadian hotel to make list.

"I don't buy it," she said. "How could the country's most romantic hotel be found in the least romantic city?"

Lowell Laluk and Sarah Granovsky from Mariaggi's Theme Suite Hotel & Spa say a Match.com survey calling Winnipeg singles the least romantic people in Canada is bunk. SHANE GIBSON/METRO

Actor will put you through the paces at boot camp

Winnipeg-born actor Tamara Gorski has returned to the city and is offering acting boot camps and workshops for both teens and adults. CONTRIBUTED

After working on film sets from Paris to Zimbabwe, a Winnipeg-born actor has returned home and is sharing all she's learned with students through a series of actor's boot camps and workshops.

Tamara Gorski, who has logged more than 75 hours of film and television credit during a career that's included producing, directing and writing, has moved back home for what she describes as her "biggest production yet" — raising her newborn daughter.

"For me, as corny as it might sound, there really is no place like home," said Gorski, who hopes to "raise the professional awareness of the talent pool" in the city through her ongoing weekly boot camps for teens and adults.

"I very deeply feel that I want to share all my experiences, and that's what the classes are about for me."

Gorski trained at the RWB for 13 years and performed at Rainbow Stage before landing her first big acting role in Toronto more than 20 years ago, and she hasn't slowed down since.

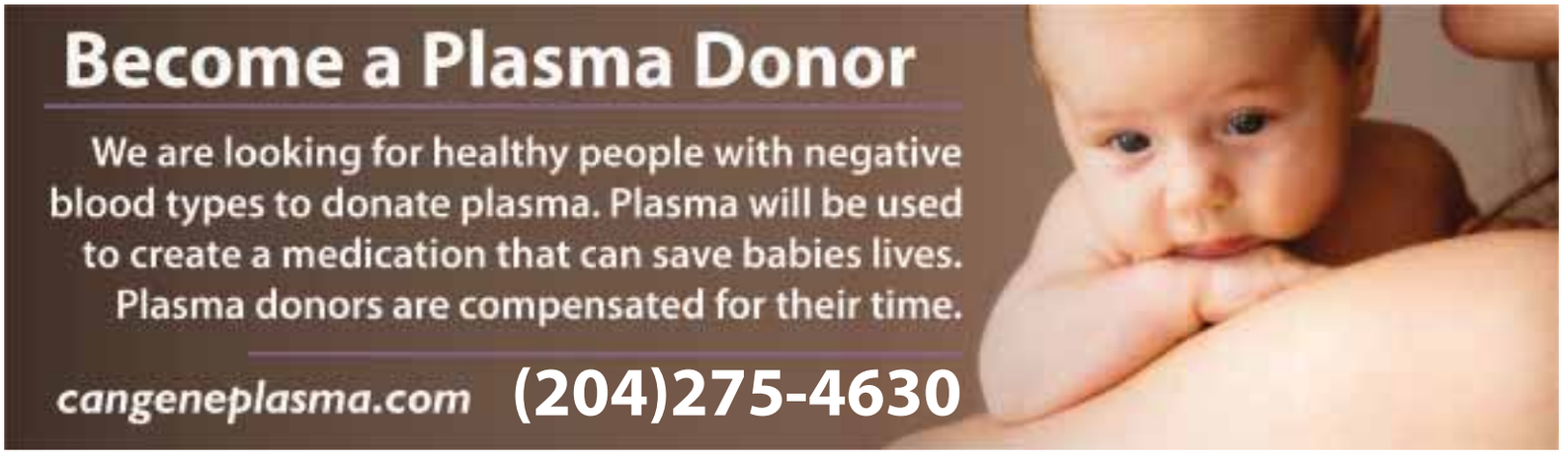
Gorski has lived in Vancouver, New York and Los Angeles and taken on countless roles, including recent appearances in the Winnipeg-based television series Less Than Kind, and as series regular Tavia Booth in the Frantic Films-produced web-series Verdict.

Her boot-camp classes will teach technique for both stage and film and give an introduction to the business of acting, said Gorski.

She is also offering workshops Feb. 16-17 and March 9-10 on how to properly master an American accent, a skill she stresses is a must for anyone working outside Canada.

For more information, send an email to contact@tamaragorski.com.

SHANE GIBSON/METRO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METRO CUSTOM PUBLISHING

Transit Tuesday

Weekly Transit News Update

REQUEST STOP SERVICE OFFERED AFTER 7 P.M.

For your safety and convenience, Winnipeg Transit offers Request Stop service, which allows riders to get off the bus between regular stops. This service is available from 7 p.m. until the end of service. Inform your operator at least one stop ahead of the requested stop, then exit at the front door only. The operator may not be able to accommodate your request due to road-safety concerns.

THE COMMUNITY RELATIONS BUS MOVES PEOPLE

Since its inception in 1987, Winnipeg Transit's Community Relations Bus has been providing non-profit organizations an opportunity to promote their activities/events to the citizens of Winnipeg.

Available at no cost and on a first come, first serve basis, the Community Relations Bus program offers free advertising to help promote the various events/services provided by these groups. Look for the Community Relations Bus and help support this month's featured organizations. Visit winnipegtransit.com for more info. Interested in booking space for your non-profit organization? Call 311.

DIAL-A-RIDE TRANSIT

If you live in south or southeast Winnipeg, you can use the DART (Dial-A-Ride Transit) service. DART buses operate during off-peak hours only. Call 204-287-DART and speak directly to the bus operator to arrange pick-up from your home to or from a transfer connection.

GET THE TAX CREDIT YOU DESERVE

If you buy weekly or monthly bus passes, you are eligible for a public transit tax credit. Save your expired passes and sales receipts for when you file your next tax return. Some conditions apply. Visit transitpass.ca for more info.

LOOKING FOR A GREAT CAREER OPPORTUNITY?

Winnipeg Transit is currently accepting applications for bus operators. You can earn more than $45,000 a year, plus excellent benefits, a generous vacation allowance and more. No bus driving experience is necessary — Winnipeg Transit provides all the training you need, plus you'll earn while you learn. For more information about this long-term career opportunity, visit winnipegtransit.com or call 311.

Justice. Victims of child abuse praise legal update

Promises to give victims a formal role in Canada's criminal justice system and to stiffen penalties for child sex predators are important — if overdue — initiatives, two abused former hockey players said Monday.

Speaking after a roundtable with the justice minister, Greg Gilhooly and Sheldon Kennedy said the Conservative government was on the right track.

A victim's bill of rights was one of three get-tough-on-crime themes the government plans to emphasize this year, Justice Minister Rob Nicholson said.

"Right now a victim is simply a witness — we're at the beck and call of other people," Gilhooly said.

Tougher child-abuse laws are also a priority: Currently, small-time marijuana growers face stiffer mandatory minimum sentences than those who rape children.

THE CANADIAN PRESS

Former NHLer Sheldon Kennedy, left, at a conference with Justice Minister Rob Nicholson in Toronto on Monday. COLIN PERKEL/THE CANADIAN PRESS

Authorities storm bunker in Alabama; Boy safe, man dead

Six-day standoff ends. Officials were refusing to say how abductor died in hostage-taking

Officers decided the boy was in imminent danger after the kidnapper was seen with a gun, an FBI official said. JAY HARE/THE DOTHAN EAGLE/THE ASSOCIATED PRESS

Authorities stormed an underground bunker Monday in Alabama, freeing a five-year-old boy who had been held hostage for nearly a week in the tiny backyard shelter and leaving the boy's abductor dead.

After days of fruitless negotiation, talks had deteriorated with an increasingly agitated Jimmy Lee Dykes, who had kidnapped the child from a school bus after killing the driver.

Dykes had been seen with a gun, and officers concluded the boy was in imminent danger, said Steve Richardson of the FBI's office in Mobile.

Prior to press time, officials were refusing to say how the 65-year-old died.

Throughout the ordeal, authorities had been speaking with Dykes through a plastic pipe. They also sent food, medicine and other items into the bunker, which apparently had running water, heat and cable TV but no toilet. It was about four feet underground, with about 50 square feet of space.

Authorities said the kindergartner appeared unharmed. He was taken to a hospital in nearby Dothan. Officials have said he has Asperger's syndrome and attention deficit hyperactivity disorder (ADHD).

FBI bomb technicians were checking the property for explosives and planned to look more closely at the scene when it's safe, FBI spokesman Jason Pack said.

Daryle Hendry, who lives about 400 metres from the bunker, said he heard a boom Monday afternoon, followed by what sounded like a gunshot.

Ronda Wilbur, a neighbour of Dykes who said the man beat her dog to death last year with a pipe, said she was relieved to be done with the stress of knowing Dykes was patrolling his yard, ready to shoot at trespassers.

"The nightmare is over. It's been a long couple of years of having constant stress," she said. THE ASSOCIATED PRESS

Social media reveals social disorders

Between all the TGIF posts and baby pictures, your Facebook friends could be dropping clues about their mental states.

In fact, social media could help give therapists a more complete view of patient health, according to a study from the University of Missouri.

"The beauty of social media ... is that it removes some of the problems associated with patients' self-reporting," study leader Elizabeth Martin, doctoral student in the psychological science department, said in a release.

The study, published in the journal Psychiatry Research, involved more than 200 college students. Researchers compared Facebook activity to signs of schizotypy — a range of symptoms including social withdrawal and odd beliefs.

People with social anhedonia — the inability to experience pleasure — had fewer Facebook friends, communicated less and shared fewer photos, the researchers said.

While participants had the option of hiding things before submitting to researchers — a sign of paranoia, according to the study — what they chose to reveal suggests people may be more comfortable sharing online than in person. TORSTAR NEWS SERVICE

U.S. skeptical of Iranian monkey's space voyage

Primate swap?
Country's president expresses desire to travel to space after alleged success

Scientists surround a monkey ahead of a space launch in an undisclosed location in Iran. The country's government is claiming the monkey pictured was a backup amid accusations that the primate who is claimed to have landed looked different. MOHAMMAD AGAH/ISNA/THE ASSOCIATED PRESS

The United States expressed doubt on Monday about Iran's claim that it safely returned a monkey from space, saying it is questionable that the monkey survived — or if the flight happened at all.

State Department spokesperson Victoria Nuland said a lot of questions remained "about whether the monkey that they reportedly sent up into space and reportedly came down was actually the same monkey, (and) whether he survived."

"The Iranians said they sent a monkey, but the monkey they showed later seemed to have different facial features," Nuland told reporters. "He was missing a little wart."

Tehran blames the confusion on Iranian media for initially using a photo of a backup monkey. It says the monkey orbited and returned safely, and President Mahmoud Ahmadinejad added Monday that he would consider being Iran's first astronaut in space.

Nuland described Ahmadinejad's proclamation as an "interesting choice," but was more diplomatic than Republican Sen. John McCain, who joked about Ahmadinejad's ruminations earlier Monday.

"Wasn't he just there last week?" McCain said in a tweet and linked to a story about the space-orbiting monkey.

Faced with criticism, McCain said in another tweet, "lighten up folks, can't everyone take a joke." But it wasn't funny to Michigan Rep. Justin Amash, a Republican, who tweeted, "Maybe you should wisen up & not make racist jokes."

Jonathan McDowell, a Harvard astronomer who tracks rocket launchings and space activity, backed up Iran's claim that monkey space flight was real. However, he had a slightly different explanation for the photo mix-up, saying the simian with the mole died during a failed space mission in 2011.

THE ASSOCIATED PRESS

Suspicion

Washington and its allies worry Iran's space program may be cover for ballistic-missile technology development.

Fighting for education.
Girl shot by Taliban says she won't back down

15-year-old Malala Yousufzai. QUEEN ELIZABETH HOSPITAL/AP PHOTO

In her first video statement since she was nearly killed, a Pakistani schoolgirl shot by the Taliban remained defiant in arguing for girls' education, saying Monday she would keep up the same campaign that led to her attack.

Malala Yousufzai, 15, said she is "getting better, day by day" after undergoing weeks of treatment at a British hospital.

"I want to serve the people. I want every girl, every child, to be educated. For that reason, we have organized the Malala Fund," she said in the video, made available by a public relations firm.

Malala drew the world's attention when she was shot in the head by Taliban militants on Oct. 9 while on her way home from school in northwestern Pakistan. The Islamist group said it targeted her because she promoted girls' education and "Western thinking."

THE ASSOCIATED PRESS

First man in 8 years

U.S. secretary of state settles into his new gig

New U.S. Secretary of State John Kerry reported for duty Monday, acknowledging that as Hillary Clinton's successor he has "big heels to fill" and promising to protect U.S. foreign service workers from terrorist attacks overseas.

As the first man in the post in eight years, the former senator and 2004 presidential candidate referred to his two most recent predecessors, Clinton and Condoleezza Rice, by asking in jest: "Can a man actually run the State Department?"

THE ASSOCIATED PRESS

Overhaul work

Air Canada's heavy maintenance must be done at home, Quebec judge rules

Air Canada is contravening federal law by not maintaining heavy-maintenance operations in Canada, the Quebec Superior Court ruled Monday.

In a 39-page ruling, Justice Martin Castonguay said the airline has an obligation under the Air Canada Public Participation Act to maintain such operations in Montreal and Winnipeg, along with Mississauga, Ont. where smaller overhaul work was completed by Aveos Fleet Performance until it closed last year.

Quebec's former Liberal government launched a lawsuit against the airline last April following the closure of Aveos, whose bankruptcy resulted in 2,600 employees losing their jobs.

After Aveos closed, Air Canada gave American company AAR a five-year renewable contract to maintain its airplanes in a specially built facility in Duluth, Minn., that employs 350 workers.

THE CANADIAN PRESS

Farewell one-cent coins, hello symmetrical rounding

Cash register confusion. Now that the penny's days are numbered, how will retailers decide what to charge?

The household penny jar may soon become a thing of the past. The one-cent coin is being officially phased out, and retailers who don't want to accept pennies anymore will round cash transactions to the nearest nickel. RYAN REMIORZ/THE CANADIAN PRESS

The Canadian penny took another step Monday on what could be a long road to extinction, with businesses given the ultimate short-term power of deciding whether they want to keep accepting them.

The Royal Canadian Mint officially ended its distribution of one-cent coins to Canada's financial institutions.

But businesses can still accept the copper pieces as long as they choose, says Shelly Glover, the parliamentary secretary to Finance Minister Jim Flaherty.

"Pennies will retain their value indefinitely so they can continue to be used as long as they are available, and with businesses that are willing to accept them," Glover said at a Shoppers Drug Mart store in Ottawa's south end.

Flaherty announced the demise of the penny nearly a year ago as a cost-saving measure as the mint was spending more to make pennies than they were worth. The last penny made came out of the mint's Winnipeg facility in May of last year.

Retailers who decide to no longer accept pennies as part of cash payments will have to round up or down consumer purchases to the nearest five cents. "When pennies are not available, cash payments will need to adapt," said Glover.

As an example, if a cash purchase totals $1.61 or $1.62, a retailer who doesn't want to deal with pennies would charge a customer $1.60.

If the purchase adds up to $2.28 or $2.29, the customer would be charged $2.30.

The government calls it symmetrical rounding.

Essentially, any final cash amount that ends with a 1, 2, 6 or 7 would be rounded down to the nearest five- or 10-cent increment. Purchase totals ending in 3, 4, 8 and 9 would be rounded up.

Electronic purchases, such as those online or using debit or credit cards, will still be billed to the cent.

THE CANADIAN PRESS

In memoriam

- Google's Doodle paid tribute to the Canadian penny on Monday, which was the day the mint stopped distributing the coin. The word Google was copper-coloured and the first O was a spinning 2013 penny — a coin that was never minted.

GOOGLE SCREEN GRAB/METRO

Jumping java. Second Cup will increase coffee prices

Second Cup is increasing prices for coffee on Feb. 18, but it's not telling customers by how much. Signs are up at some of the locations, advising customers of the increase.

Second Cup says the move was caused by the "continuing increase in raw materials and operating costs," but won't say specifically what factors are contributing to the increase, or how much prices will rise.

"We are still trying to determine the exact price change and this won't be known until closer to February 18," said Jessica McGraw of Harbinger Communications, the firm that handled the request for Second Cup. "We just wanted to give consumers fair warning that a change was happening."

Second Cup won't say when it last increased prices for coffee or baked goods.

A Tim Hortons spokeswoman said coffee prices were last increased in April 2011. Coffee prices at Starbucks increased by about five cents at some locations in Western Canada on Jan. 3.

TORSTAR NEWS SERVICE

Six-packs of beer are displayed at the Alaskan Brewing Co. in Juneau, Alaska. The company's furnace burns spent grain left over from the brewing process, and turns it into steam. THE ASSOCIATED PRESS

Alaskan brewery is 'beer-powered'

The Alaskan Brewing Co. is going green, but instead of looking to solar and wind energy, it has turned to a very familiar source: Beer.

The Juneau-based beer maker has installed a unique boiler system in order to cut its fuel costs. It purchased a $1.8-million furnace that burns the company's spent grain — the waste accumulated from the brewing process — into steam which powers the majority of the brewery's operations.

Company officials joke they are now serving "beer-powered beer."

What to do with spent grain was seemingly solved decades ago by breweries operating in the Lower 48. Most send the used grain, a good source of protein, to nearby farms and ranches to be used as animal feed.

But there are only 37 farms in southeast Alaska and 680 in the entire state as of 2011, and the problem of what to do with the excess spent grain — made up of the residual malt and barley — became more problematic after the brewery expanded in 1995.

The Alaskan Brewing Co. had to resort to shipping its spent grain to buyers in the Lower 48. Shipping costs for Juneau businesses are especially high because there are no roads leading in or out of the city; everything has to be flown or shipped in. However, the grain is a relatively wet byproduct of the brewing process, so it needs to be dried before it is shipped — another heat intensive and expensive process.

"We had to be a little more innovative just so that we could do what we love to do, but do it where we're located," Alaskan Brewing co-founder Geoff Larson said.

So four years ago, officials at the Alaskan Brewing Co. started looking at whether it could use spent grain as an in-house, renewable energy source and reduce costs at the same time. THE ASSOCIATED PRESS

By the numbers

$450K

Brandon Smith, the company's brewing operations and engineering manager, estimates the new system will offset the company's yearly energy costs by 70 per cent, amounting to almost $450,000 a year.

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New regulations

U.K. banks aren't 'too big to fail'

Britain's treasury chief warned the country's banks Monday they face being broken up if they fail to protect their retail operations from their riskier investment arms. In describing the new regulatory measure, George Osborne told JPMorgan executives the days of banks being "too big to fail" are over in Britain, and taxpayers shouldn't be expected to bail out the lenders. The next time a crisis hits, he wants more options.

THE ASSOCIATED PRESS

Inflation spiral

Argentina freezes supermarket prices

Argentina announced a two-month price freeze on supermarket products Monday in an effort to break spiralling inflation.

The price freeze applies to every product in all of the nation's largest supermarkets. The commerce ministry wants consumers to keep receipts and complain to a hotline about any price hikes they see before April 1. Private economists estimate inflation in Argentina could reach 30 per cent this year.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.14¢ (-0.13¢)

TSX 12,717.62 (-51.20)

OIL $96.17 US (-1.6¢)

GOLD $1,676.40 US (+$5.80)

Natural gas: $3.32 US (+1¢)
Dow Jones: 13,880.08 (-129.71)

IT'S TIME TO THROW OUT THAT LIFE SCHEDULE

SHE SAYS...
Jessica Napier
metronews.ca

If you're nearing 30 years old and have been with your significant other for a while, you are doomed to suffer through relentless questioning about when you're going to get married. Established relationship math dictates that the sum of both of your individual ages multiplied by the number of years you've been together equals a wedding. Of course, there's no relief for those who've actually tied the knot. Newly betrothed couples are inevitably subjected to the "When are you going to have a baby?" question from tactless co-workers and nosy aunts.

When you're not expecting...

But here's the thing about relationships, they don't happen in a perfect and predictable continuum.

It seems that we're obsessed with judging other people's relationships based on whether or not they've hit these milestones of adulthood. Even though many of us are unprepared or uninterested in marriage and parenthood, people always want to know how far along you are on this culturally-constructed life schedule.

But here's the thing about relationships: they don't happen in a perfect and predictable continuum. They are messy and complicated and the timing is almost never right. You can be with the same person for a decade and suddenly find yourself alone again or you can meet someone tomorrow and start a family with them just a few months later.

It can be challenging at times to remain close with our friends when we are hitting these different life stages in a decidedly non-chronological order. Within my own peer group, the conversations can range from daycare availability to salary reviews to the results of an STD test. If a friend tells me she is pregnant, I have to take a beat to assess whether or not she thinks that's a good thing. But even though these varying stages of maturity can make it hard to relate to one another at times, the diversity certainly keeps things interesting.

Recently, a friend of mine asked if she thought we might have children at the same time so they could go to school together. I laughed at her earnest assumption that we could ever plan such a made-for-TV life for ourselves. In reality, it just doesn't work like that. We are not marching along through life in unison while adhering to some sort of rigid master plan. We are winding back and forth, detouring along the way and maybe even getting a little lost sometimes.

It's OK — preferable even — if the relationship math doesn't add up and we veer off course every once in a while. Because wouldn't it be so utterly boring if all of life's milestones were predictable?

Follow Jessica Napier on Twitter @MetroSheSays

Take social convention and toss it out with yesterday's trash.
GETTY IMAGES

Just chillin' at the car park

UNIVERSITY OF LEICESTER/THE ASSOCIATED PRESS

Parking lot find

Skeleton said to be King Richard III

This undated photo made available by the University of Leicester, England, shows remains found underneath a parking lot last September at the Grey Friars excavation in Leicester. The skeleton was declared Monday "beyond reasonable doubt" to be that of England's King Richard III, whose remains were missing for 500 years.

THE ASSOCIATED PRESS

Wars of the Roses

Killed in battle by army of Henry Tudor

Richard III ruled England between 1483 and 1485, during the decades-long battle over the throne known as the Wars of the Roses, which pitted two wings of the ruling Plantagenet dynasty — York and Lancaster — against one another.

But he was defeated and killed by the army of Henry Tudor, who took the throne as King Henry VII and ended the Plantagenet line.

THE ASSOCIATED PRESS

Little doubt

A Canadian's DNA confirmed identity

DNA from the skeleton matched a sample taken from Michael Ibsen, a distant living relative of Richard's sister. The project's lead geneticist, Turi King, said Ibsen — a Canadian carpenter living in London, England — shares with the skeleton a rare strain of mitochondrial DNA. His father Norm still lives in London, Ont.

King said that between one and two per cent of the population belongs to this genetic sub-group, so the DNA evidence is not definitive proof in itself of the skeleton's identity. But combined with the archaeological evidence, it left little doubt the skeleton belonged to Richard.

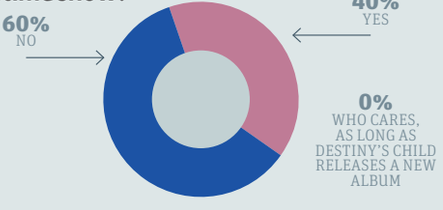
Michael Ibsen GETTY IMAGES

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think Beyoncé was lip-synching during her performance at the Super Bowl halftime show?



Twitter

@PlatinumRosie: The sun outside deceives me. Its appears innocent, but it's really a bitch out there once again. Love ya #winnipeg but you don't play around

@SusanDelacourt: Farewell Winnipeg... As always, you've impressed again with your friendly people and amazing restaurants.

@petershankman: I was just informed I have to fly to Winnipeg this week. What a random thing to be informed of.

@MrRebeccaBlack1: #NothingFeelsBetterThan the first cut into a piece of construction paper...

@tryped: My sex tape is a video of me mauling this bowl of ice cream.

@pinkndabrain: "@knoxvle: I can't sleep in anymore :(" awe muffin.

metro

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SCENE 2

DVD review

Flight

Director. Robert Zemeckis

Stars. Denzel Washington, Don Cheadle, Nadine Velazquez

●●●●○

Denzel Washington's portrayal of pilot Whip Whitaker, a man on the upper of heroics and the downer of substance abuse, deserves all the kudos he's garnered. Whip's at the controls with co-pilot Ken Evans (Brian Geraghty) when the plane they're flying from Orlando to Atlanta is hit with a calamitous mechanical failure that slams them into a steep dive. Whip takes charge and manages an incredible landing, in which only six of 102 passengers and crew onboard are killed. Whip's a hero. But a mandatory post-crash blood test reveals he was flying bombed. It's a stunning opening by director Robert Zemeckis, who previously filmed a doomed ride in 2000's Cast Away. But Flight's high-tension opening is a mixed blessing, as it challenges the rest of the film to live up to its thrilling scenes, a near-impossible task as the drama moves on to its earthbound plot. Zemeckis and screenwriter John Gatins suddenly yield to dull convention, introducing in quick succession a romantic fellow addict (Kelly Reilly), a comic enabler (John Goodman), a stoic union rep (Bruce Greenwood) and a wily lawyer (Don Cheadle). None of these fine actors get much screen time, but the film wins on the strength of Washington's Oscar-nominated performance alone.

PETER HOWELL

Creating a hit show? It's Elementary

Look ahead. Creator mum on who will play Moriarty, but says the series will become less murder-of-the-week when Holmes' nemesis arrives on the scene

NED EHRBAR
Metro World News in Hollywood

CBS's hit Elementary — a modern take on Sherlock Holmes set in New York City — took the coveted post-Super Bowl slot Sunday night on that network, an honour rarely bestowed on a freshman series. On the tail of such a high-profile unveiling, creator and executive producer Rob Doherty gives us some updates on what's to come for the rest of the series' first season.

That post-Super Bowl slot didn't add that much extra stress

"I'm stressed out all the time anyway. So it's hard to go from 10 to 11," says Doherty. "You know, mostly what we felt was great excitement. Again, it's an honour, it's a privilege, it's an incredible opportunity to expose the show to people who may not have checked it out yet. And so we tried to take all that into consideration as we developed the story that we felt, you know, not only was a good example of what the show can do, but something that our regular audience would really have fun with as well."

Moriarty is indeed coming:

"We cannot wait to get more serious about Moriarty," Doherty admits. "In this day and age, it's virtually impossible to stunt a role and not have everyone in the universe know that this person is coming and will be revealed as this character. So we're approaching it very carefully and as quietly as we can. At the end of the day, we want a tremendous actor, but it's less fun for me if all of you know who it is and when they'll arrive and what they'll be doing. But it's a problem in the immediate future. We have a few more weeks, I think, before we have to sweat that."

When Moriarty arrives, the show will become less murder-of-the-week

"I foresee us getting a bit more serialized than we have been as we get into something of an end run for this first season," explains Doherty. "We'll still look to have a case that begins and ends over the course of a single hour of television, but you want to dollop Moriarty out appropriately, you know? Some of the specifics still need to be ironed out, but yes, as we get closer and closer to wrapping the season there will be a bit more serialization."

Moriarty aside, more figures from Sherlock's past are on the horizon

"At the moment we're actually working on an episode where we will meet Sherlock's dealer from London," Doherty teases. "We'll get, again, a little window into Sherlock, and his experience in London is going to open that much wider for having met this character. And we're lucky enough to have John Hannah (Spartacus) playing that role."

Will Elementary get a big boost from its post-Super-Bowl slot? HANDOUT

The best and worst of the Bowl

Commercial success. Metro reviews the slots from Super Bowl Sunday

SAM CASTONE
Metro World News

Super Bowl commercials are as much a part of the NFL's biggest day as John Madden, chicken wings and a football-shaped cake. That said, here are Metro's picks for the best and worst from Sunday.

The Best

Samsung, The Next Big Thing: In one minute, Paul Rudd and Seth Rogen, pitching a Super Bowl commercial to Bob Odenkirk (a.k.a Saul on Breaking Bad) made us laugh more than their last four movies combined.

Volkswagen, Get In. Get Happy: Was the ad, featuring a white man speaking in a Jamaican accent (because he's so laid-back and happy, due to his Beetle), racist? Eight million people watched to find out.

Oreo, Whisper Fight: The ad — featuring people arguing in a library, quietly, about which is better, the cookie or the cream — asked people to choose their side on Instagram afterwards. Thousands did.

The Worst

Taco Bell: Old people acting young and wild: That joke was tired in the 1980s, when we all rented Cocoon.

Go Daddy, Perfect Match: The Net domain company has earned a permanent spot on the worst list. Bar Rafaeli, has it come to this, post-Leo?

Pistachios, Get Crackin' with PSY: The most-viewed man on YouTube became so with a clever music video. This ad tries to recreate the magic by having him dance with people in pistachio costumes.

Did you miss these commercials on Sunday? Look them up on YouTube.

PSY's pistachio-themed commercial failed to crack us up. HANDOUT

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Harry Styles. ALL PHOTOS GETTY IMAGES

Styles finds silliness in celebration striptease

One Direction's Harry Styles celebrated his 19th birthday Friday with the help of a stripper, a gift sent over from a London radio DJ, according to Sun. Styles, for his part, found the act more comical than sexy. "It was great. I was in stitches. It was really funny," Styles tells the newspaper of the act, in which the woman was dressed as a cop. "The funniest part was that when she finished, she said, 'I'm really sorry. I couldn't find my truncheon, so I had to bring my nunchucks.' That was a bit weird." And lest any of his young fans think anything too untoward happened: "She stripped down to her underwear," according to Styles, "but unfortunately there was a no-nudity policy in the bar."

Weapons of mass seduction

"The funniest part was that when she finished, she said, 'I'm really sorry. I couldn't find my truncheon, so I had to bring my nunchucks.'"

Harry Styles on his cop-costumed birthday stripper

Channing Tatum

A sweet bundle of joy: stork brings Tatum's wife a chocolate craving

Channing Tatum finds pregnant wife Jenna Dewan-Tatum's cravings fascinating. "She never really ate sweets before," he tells E! News. "But she loves sweets now. She loves chocolate and that whole thing, but nothing really out of the ordinary, nothing like pickles and icing, nothing weird." He also calls her pregnancy "one of the sexiest things ever." Meanwhile, Tatum says he and his wife are still in the dark about whether they're having a boy or a girl. "We don't know," he says. "We're going to be surprised. It's one of the only real surprises you're ever going to get that's legit."

The Word

So Katie's got her groove back?

THE WORD
Dorothy Robinson
scene@metronews.ca

Katie Holmes is reportedly ready to start dating again after her split from Tom Cruise, but sources say the fallout from their divorce is still having an effect on her, according to Radar Online. "Katie's in a dilemma, because she wants to date but is concerned where it could lead to from there," a source says. "She's worried that if she commits herself fully to another man, she will have to give up the freedom she's enjoying so much at the moment. As a single woman, she has no one controlling her nowadays, telling her what to do or who to see and she absolutely loves it. However, at the same time, she also misses being with someone special to share experiences with and she doesn't want to be alone for the rest of her life."

Don't worry, Katie. Metro has a few suggestions for a waltz partner for you for this next phase of your life:

John Mayer:
Because everyone hooks up with John Mayer.

Samantha Ronson:
Because Stella should totally get her groove back with a foxy lesbian DJ.

Joshua Jackson:
Because wouldn't a Dawson's Creek reunion be better as a reality show?

Danny DeVito:
Because she has a thing for older, shorter guys.

Ted the talking teddy bear from Ted:
Because that bear made half a billion dollars in the box office last year. Holmes needs to be near that kind of box office success.

Justin Bieber

Selena Gomez

Selena want her Biebs back? A rockstar reunion fuels rumours

A month after what seemed like a pretty permanent breakup, Justin Bieber and Selena Gomez reportedly reunited at Bieber's L.A. home recently, according to Us Weekly. The Spring Breakers actress was spotted leaving Bieber's place in the morning after reportedly spending the night. It's unclear whether the meeting was romantic or not. "It never ends," an exasperated source tells the magazine. "We'll see. It's such drama with them."

Twitter

@DanaDelaney
How do you possibly pack for a 1 month PR trip? I need a valet.

@jessicaalba
I'm so annoyed w my account getting hacked!

@Real_Liam_Payne
As long as I got my suit an tie

@arnettwill
RT Follow me. I'm Will Arnett, for god's sake.

LIFE 3

Wheat Belly fact vs. fiction

How bad is it?
In his best-selling book, Wheat Belly, Dr. William Davis slams the much-loved grain, calling it 'a perfect poison.' We asked a nutritionist whether we should follow his advice

ROMINA MCGUINNESS
Metro World News in London

"We have to deal with this incredible blunder that is the over-consumption of carbohydrates and processed foods," warns cardiologist Dr. William Davis, who believes the "cut out fat, eat more whole grains" concept was fiction to begin with.

Rather, removing wheat from our diet is a huge first step. "We should be eating a high fat, carnivorous diet (and) single ingredient foods such as vegetables, nuts, seeds, eggs, full-fat dairy, lean meats, avocados, olives and coconut — excluding grains and sugar," he says.

In his book, Davis argues how a wheat-free diet can promote weight loss and appetite reduction, and can help lower the risk of heart disease. We asked nutrition consultant Dr. Wilma Kirsten to weigh in on the claims.

So bad it's ... bad. ISTOCK IMAGES

It's not wheat, it's poison

"What we're eating is not wheat but the creation of genetics research in the '60s aimed at increasing yield-per-acre. These methods were crude and imprecise. The result is a genetically unique plant far removed from the original grain. Modern wheat is detrimental to our health — even in minute quantities," Davis tells Metro.

What the nutritionist says:

"No! We've gone through generations of eating wheat — if it was so bad, many people would be dead because of it by now. Health problems are linked to over-consumption."

You could lose 25 to 30 pounds in 3 to 6 months

"Gliadin, the main protein in wheat, stimulates feelings of hunger. The moment you lose it, your appetite shrinks and you crave less foods. On average, you'll take in 400 calories less than you used to each day. The deep visceral fat that resides within the abdomen goes first," says Davis.

What the nutritionist says:

"Yes! A lot of those who cut out wheat go, 'What do I eat now? Put a baguette in front of me and I'll go through it like a Japanese bullet train.' People start replacing wheat with proteins and vegetables."

Some gluten-free foods are terrible

Labels can be misleading, says Davis. "These products are nothing more than junk carbohydrates. They're very destructive as they trigger very severe glycemic potential (high blood sugar levels)."

What the nutritionist says:

"Yes! People want bread — so they buy the gluten-free version, convinced they're making the "healthier" choice. But these products are bad for us. They're highly refined and generally contain soya or corn flour, two hyper-allergenic foods. Go naturally gluten-free by eating grains like polenta, rice and quinoa instead."

Wheat causes intestinal damage...

"It irritates your gut — stop eating it and you lose an inflammatory drive that makes indigestion, diarrhea and autoimmune diseases occur," says Davis.

What the nutritionist says:

"Yes! Wheat contains the protein gluten, which can irritate the gut lining. This causes inflammation, leading to abdominal cramps and bloating. But not everyone reacts badly. Say I eat wheat-based foods three times a day, whereas you only eat them twice a week. If you then cut them out of your diet, the changes in your body won't be that dramatic, as you didn't eat much in the first place."

... and messes up your blood sugar levels

"In fact — it sends them soaring," says Davis. "Removing wheat from your diet helps lower your blood sugar, which in turn lessens the risk of developing cardio vascular disease."

What the nutritionist says:

"Yes! Low-fibre, refined carbohydrates are easily converted to glucose, causing a spike in blood sugar levels. When these rise too high, your pancreas has to secrete insulin to bring them back down. If this happens, you may be at risk of pancreatic insufficiency."

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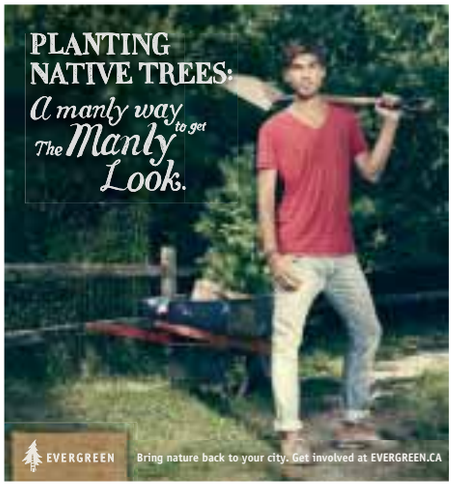
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Just a splash of citrus: Pork with Orange-Balsamic Glaze

ROSE REISMAN
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rosereisman.com

Pork tenderloins are usually sold in packages of two, each package averaging one and a half pounds.

If you buy them from your butcher, the tenderloins may be larger and you'll have to increase cooking time.

Today's improved agricultural methods mean that pork can safely be eaten medium or medium-rare.

This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 1 1/2 lb pork tenderloin (2 small loins)
- 1/4 cup orange juice concentrate
- 1/4 cup apricot jam
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- 2 tsp grated orange zest
- 1 tsp minced garlic
- pinch salt and freshly ground black pepper
- 3 tbsp chopped fresh parsley or cilantro
- 1/4 cup diced dried apricots

1. Preheat the oven to 425 F. Line a 9-by-13-inch baking dish with parchment paper.

2. Lightly spray a large non-stick grill pan or skillet with cooking oil and place over high heat.

3. Sear the tenderloins for about 2 minutes per side, or just until browned. Place in the prepared baking pan.

4. To make the glaze, combine the juice concentrate, jam, vinegar, oil, orange zest, garlic, salt and pepper until smooth. Spoon 1/4 cup of the glaze over the tenderloins and bake for about 20 minutes or until the internal temperature reaches 145 F for medium.

5. Reheat the remaining glaze. Slice the tenderloin and serve with the glaze overtop. Garnish with chopped parsley and diced apricots.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

I am not at all bitter!

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Ayurvedic and traditional Chinese medicine have always suggested bitter greens to "cleanse the liver" and mainstream North American natural health practices are catching on. But, do they really?

The empirical evidence is mixed and technically, according to the Canadian Liver Foundation, the liver doesn't need to be "cleaned," but anything that contributes to a healthy lifestyle contributes to a healthy liver. What we do know is that greens, like dandelion, promote the flow of bile and stimulate its secretion. Bile is needed to break down fats in the body.

A healthy flow of this disgusting green stuff is needed for good digestion.

Good digestion of a super healthy vegetable is enough for me to suggest including it in your diet. You can try:

1. Dandelion greens

2. Arugula

3. Broccoli Rabe (Rapini)

4. Curly Endive

5. Radicchio

The bitterness comes from a specific phytonutrient and each plant has its own amount.

Some producers have bred the bitterness out in order to create a more palatable product, so think about finding the heirloom or organic varieties to get the most pucker for your buck.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Backstabbers beware! Housewives get real about their relationships

With a little help from my... The six stars of hit Vancouver show talk to Metro about what defines a genuine friend

PHYLICIA TORREVILLAS
life@metronews.ca

Friendships can be put to the test when you put six very different, opinionated and strong-willed women in one room, let alone cast them in a reality TV show.

Though they may bicker and fight, the six Real Housewives of Vancouver have something in common when it comes to what makes a good friend — they don't like backstabbers, liars and fakers. Robin Reichman, a Texan and Christian, said she's really good at sensing whether a person she meets for the first time will end up in her Christmas card list or not.

"A good friend is someone who is genuinely happy about your success, supportive of anything good that happens to you and not someone who wants to outdo you," the mother of two said.

The cast of Real Housewives of Vancouver can agree that backstabbers will never be their true friends. HANDOUT

Ioulia Reynolds, a 27-year-old art consultant, believes honesty is the best thing.

"There's no such thing as being too honest," she said. "If somebody's in my heart and I love them, and they turn around and backstab me, that's the worst. I will forgive, but I will never forget."

Amanda Hansen, a divorced mother with three young children, said real friends will be there for you no matter what your decisions are.

"My friends may not have been necessarily supportive initially of me doing this (show), but as soon as they saw that this is what I wanted to do … they're like, 'If anyone can do this, you can do this. You're the strongest woman I know.' I have the best friends in the world," she added.

Meanwhile Jody Claman said she learned the value of friendship growing up in Merritt, B.C.

"My parents taught me to 'Show me your friends and I'll tell you who you are,'" the self-made businesswoman said. "We (lived) in the middle of nowhere. Our ranch butted up to … (an Aboriginal) reserve for a First Nations band and so we had basic human responsibilities to be kind and support one another."

The show's drama-filled first season left Ronnie Negus and Mary Zilba's friendship broken and it appears there's no reconciliation happening any time soon.

"If something like this gets in the way and takes down that 19-year friendship, then you question that friendship anyways because no show and no nothing could take a friendship down that was solid," Negus said.

Being on the show, Zilba said, revealed who her real friends are. "Ronnie has chosen her alliance and that's Jody (Claman) … It's sad that she's not my friend anymore. It's sad that she's someone I used to know, not someone I call up anymore," the former Ohio beauty queen said.

Hotel etiquette question

Tipping a butler service

Dear Charles the Butler, My husband and I have an upcoming stay at the Savoy in London, which comes with butler service. We've never stayed in a hotel with butler service before. Do you tip after a given service (for example, give a tip as the butler is leaving the room after, for example, unpacking for us), or do we provide a gratuity at the end of our stay? Or, do we provide a gratuity at all? We don't want to come off as boorish, so please advise.
— Clueless Couple.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit
charlesmacpherson.com

I know the Savoy hotel well, and the head butler, Sean Davoren, is both a personal friend and one of the most well respected butlers in the U.K. His well-trained team will take very good care of you. But back to your question, the most appropriate time to tip the butler is at the end of your stay and there is no set amount.

Checking in on your credit score

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Please don't judge. Though it vmight seem lame, I love that I have FREE access to my credit report once per year from one of Canada's credit agencies; Equifax (equifax.ca) or Transunion (transunion.ca); and so do you.

Knowing your credit score can help protect you from identity theft and by managing it responsibly, you can save thousands.

Your credit score impacts your ability to borrow money at reasonable rates and purchase big and small ticket items like houses, cars or cellphones. These days, as part of background checks, many employers are pulling credit reports for job applicants to determine a candidate's level of responsibility.

Your credit score reflects your level of financial responsibility and therefore you must diligently protect it. And, because of increased fraud and identity theft, it's equally important that you ensure your credit report is accurate.

Because identity fraud has increased, it's important to make sure your credit report is accurate. ISTOCK IMAGES

Good credit is built through paying back loans on time, maintaining revolving credit (credit cards or lines of credit) through regular payments and not declaring bankruptcy.

Bad credit is a result of a person's inability to manage their credit commitments. Often times this happens when a person loses a job, an emergency drains savings or cash flow is squeezed due to overspending.

The only way to fix bad credit is to show an ability to make payments on time and in full consistently over several years. A credit counsellor can walk through the process of gradual credit improvement. Check out creditcounsellingcanada.ca or creditcanada.com.

Know the status of your credit score by monitoring it regularly. Request your free yearly copy and ensure the credit bureau's records match yours. Look for identity theft, reporting errors, loan defaults and other negative items. If an error is discovered in your file (and you have proof), the credit bureau must correct it.

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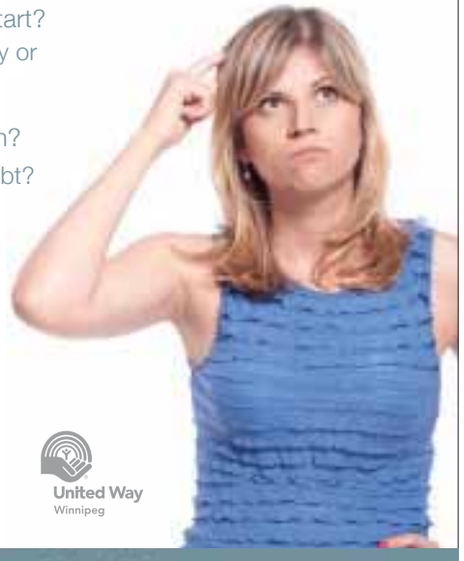

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Say goodbye to your tax refund

Alison on money. That government cheque could cost you in future savings

YOUR MONEY
Alison Griffiths
money@metronews.ca

An unexpected financial gift, a surprise bonus at work or a lottery win are all lovely windfalls. But for the average working stiff, the only thing that usually falls into this category is the annual tax refund.

In fact, it isn't really a windfall at all. It's a loan to the government, which is returned to you with little or no interest being paid. Now that is a lousy deal!

Since the year is young and tax season close, now is an excellent time to consider removing yourself from the refund ranks. That government cheque is actually costing you in terms of future savings or current debt. Here's an example. Say you have $2,400 on a credit card with a 19.5 per cent interest rate. And let's assume you also average a $2,400 tax refund annually.

In numbers

$1500

The average Canadian tax refund.

Your plan is to pay the minimum amount 2.5 per cent monthly (starting at $60) then wipe out the balance when the tax refund arrives. With what's left ($240.22) you are going to take your sweetie out for a wonderful dinner.

However, over the year, while the government is hanging on to your money, you will have paid $446.12 in interest on that credit card debt. So your tax refund is effectively reduced to less than $2,000.

A far better plan would be to adjust the tax withholding on your paycheque and use the extra money monthly to knock down the debt. In this case, you would be paying $260 monthly on the debt — the $60 minimum plus the $200 not going to the government.

The debt would be discharged in just over 10 months. The interest paid would be $221.53. Best of all there's $498.47 free and clear by the end of month 12 for a fancy restaurant meal.

Your tax refund might seem like a financial gift, but it's more like a loan to the government. ISTOCK IMAGES

The numbers are even more dramatic projected over time. If you saved that $200 a month for 20 years at an average annual return of four per cent, compounded quarterly, it would amount to more than $74,000.

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metro
RRSP GUIDE
Tuesday, February 5, 2013

Meet with financial advisers until you find one that you are comfortable with when starting to invest in your future. Also, figure out your risk tolerance and identify your goals. ISTOCKPHOTO/THINKSTOCK

Helpful tips for new investors

JANE DOUCET
For Metro

Since they were first introduced in Canada in 1957, registered retirement savings plans continue to be one of the best ways to save for retirement. In addition, this type of investment will reduce your taxable yearly income.

"RRSPs are also a good way to build a down payment to buy a house," says Blair Guilfoyle, a certified financial planner in Toronto and a partner with Guilfoyle Financial.

Guilfoyle shares the following insights with those who are new to RRSP investing:

Find an experienced financial adviser

Ask trusted family, friends and colleagues to recommend an adviser, then meet with them until you find one you are comfortable with. "It's important that the person has the required designations, such as certified financial planner or chartered financial analyst," Guilfoyle says.

It's also helpful if they have been working in the financial industry for a few years and have a broad range of experience. An independent financial adviser (one not associated with a particular bank) will be able to offer a greater choice of investment companies, as well as other types of financial planning services.

Figure out your risk tolerance

Your adviser will help you determine how much market-volatility risk you are comfortable with and your timeline to withdraw the money, then choose the RRSPs based on that information.

For example, someone with low-risk tolerance who wants to take the funds out in five years to buy a house might do well with conservative guaranteed investments, such as redeemable GICs (guaranteed investment certificates) or conservative mutual funds. "It's important to have a comprehensive conversation up front about goals and risk tolerance," Guilfoyle says.

Identify your goals

Do you want to use your RRSPs to save for retirement? Or to buy a house or further your education?

The first step is to decide what you want that pool of cash for. Perhaps you have been contributing for a while and you are ready to buy your first house: The federal government's Home Buyers' Plan allows you to withdraw up to $25,000 from your RRSPs to buy or build a home.

If you decide to pursue full-time training of post-secondary education — maybe you want to apply to law or medical school after working in another field — you can borrow up to $20,000 through the Lifelong Learning Plan.

Don't be discouraged by market dips

It's important to know at the outset that there will be market volatility in the future. When your portfolio does dip, don't panic — the dips will be temporary.

When it comes to getting a refund from your income tax return, think about building an emergency savings fund or top up your "fun" money savings. JUPITERIMAGES/BANANASTOCK/THINKSTOCK

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Refund. Ways to get your money working

JANE DOUCET
For Metro

Great news! Thanks to your RRSP, you are getting an income tax refund. And as much as you would like to spend it on something fun, you probably should use it wisely.

Stephanie Holmes-Winton, a Halifax-based financial adviser and president and CEO of The Money Finder, has these six suggestions for how to do so:

1 Build an emergency savings fund. When it comes to a refund, try to pretend that you never had the money in the first place so you don't blow it on something frivolous.

"It's hard to do but not impossible," Holmes-Winton says. The ideal emergency fund should cover six months of such necessary expenses as mortgage or car payments, rent, food and utilities.

Most people turn to debt — credit card or line of credit — in a financial crisis; having a sizable emergency fund in place means you shouldn't have to.

2 Make a lump-sum payment on your mortgage.

Tax-free savings account

"It's a smart idea to use one type of retirement savings to start another complementary type of retirement account. A TFSA is a flexible, registered, general purpose savings account that earns tax-free investment income to more easily meet lifetime savings needs."

If you do this every year that you receive a refund, the reduction in payments will add up over time.

"That means you'll pay less on both the principal and interest," Holmes-Winton says.

3 Top up your "fun" money. If you are planning to take a holiday or do minor home renovations in the near future, put the refund in a high-interest savings account until you are ready to use it. "Then maybe you can afford marble countertops instead of laminate," Holmes-Winton says.

4 Start a tax-free savings account (TFSA). It's a smart idea to use one type of retirement savings to start another complementary type of retirement account. A TFSA is a flexible, registered, general purpose savings account that earns tax-free investment income to more easily meet lifetime savings needs.

5 Put it toward next year's RRSP. The smart thing to do in this case is to open a separate savings account with no debit card access. "That makes it a slower process to access those funds," Holmes-Winton says. "If you know it's going to take a few days to get the money, you'll be less likely to spend it impulsively."

6 Get the family's input. If you have children who are elementary school age or older, hold a family meeting to ask them how they think the refund should be spent. "Tell them how much the refund is and say you'd like their help on how the family should spend it," Holmes-Winton says.

"Kids can come up with some fantastic ideas."

Investing in your future savings can lead to varying strategies, depending on your age. PIXLAND/THINKSTOCK

Strategies for life's stages

TALBOT BOGGS
Smart Investing

With more and more evidence that Canadians are not financially preparing for retirement, the need to start saving earlier in life and put in place sound financial registered retirement savings plan (RRSP) strategies are becoming increasingly important.

A recent annual survey by BMO Financial Group found that the number of Canadians who have an RRSP is increasing. Unfortunately, most are not contributing anywhere near the maximum they can.

The report found that 67 per cent of Canadians have an RRSP, up six per cent from 2011, and 72 per cent expect to contribute the same amount as they did last year. However, the annual contribution last year was only $4,670 — about 21 per cent of the annual allowable contribution room — and industry reports now suggest that total unused RRSP contributions will hit $1 trillion by 2018.

"The trend is encouraging, but it is not moving fast enough," says Steve Shepherd, vice-president and investment strategist with BMO Global Asset Management.

Only 49 per cent of younger Canadians between the ages of 18 and 34 plan to open an RRSP in the next five years, and a little more than half of that age group plan to, or have been making contributions toward their RRSPs. Only 30 per cent know the size of their annual RRSP contribution limit.

Young people in their 20s often make the mistake of not investing because they don't feel they have enough money at that stage in their lives to make it worthwhile.

There are a number of ways to save for your future. JUPITERIMAGES/CREATAS

"Forty per cent don't feel they have enough saved to invest," Shepherd says. "But it's important to get into the savings habit, even if it's only $50 a month because what's important in investing is how long you're in the market. The sooner you get started the better."

A portfolio at that stage of life could typically be more heavily weighted to long-term equities, but the decision often will be determined by an individual's risk tolerance. Given the current low interest rate environment, long-term returns can be a lot higher than what you can get from fixed income, overcoming inflation and still providing a real return.

"In the 20s, a lot of people might have a figure in mind that they need for retirement, but as their lifestyle builds by the time they hit 55 they realize that figure won't do and they should have been saving more and should have tweaked their plan," says Bill Jack, Toronto regional director with Investors Group. "A plan has to be fluid and change over time."

In their 30s and 40s, people tend to get married, have children, buy a house or condo and one of the spouses or partners may leave the workforce, resulting in higher household debt and lower income.

In this stage of life there may be more opportunities to save through other options like the tax-free savings account and registered education and registered disability savings plans.

"These are all available, but you need to have a sound budget," Shepherd says. "A portfolio would typically become more conservative with less volatility but still with some growth — perhaps about 55 per cent in equities and 45 per cent in fixed income including about 25 to 30 per cent in bonds."

Portfolios during the 50s and 60s would typically become more balanced, shifting away from volatility and equities and more into fixed income. A lot of people make the mistake of just looking at what kind of returns they think they will need in retirement without factoring in other influences such as inflation.

After age 65, the primary financial focus generally is on generating a steady income stream and protecting it from the ravages of inflation and taxes.

And seek the help of a professional adviser.

"Studies have shown that investors who work with an adviser get three to six times more in investment capital," Jack says.

"The reason is that they make you go through the exercise of setting goals and then ensure checks and balances are in place to help you get there."

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

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If you start saving and spending responsibly at a young age, it becomes habit-forming and a way of life. HEMERA/THINKSTOCK

Get interested in saving early

If you have heard it's better to start putting money into RRSPs early in life, you heard right. But how young can you be when you start? And how much money do you need to invest during those early days?

"You can begin accumulating RRSP contribution room as soon as you file your first tax return, and you may open an RRSP as soon as age 18, depending on your financial institution's policy," says Robert McCullagh, a Calgary-based certified financial planner with Benefit Planners Inc. and a past chair of Advocis, The Financial Advisors Association of Canada.

The beauty of socking cash into an RRSP early in life is what's called compound interest. "That means the RRSP earns interest on the interest it earned in a previous period," McCullagh says. "It's exponential growth over time."

McCullagh offers these tips to getting into the RRSP game sooner rather than later:

It's OK to start small

Even if you only can spare $15 or $25 per month until you start earning more. "I tell my clients that it's important to do something rather than nothing, and sooner rather than later," McCullagh says. "Saving consistently annually will give you retirement income indefinitely."

Consider an RRSP loan

In some cases, it might be to your advantage to borrow money to contribute to your RRSP.

"While you should use the RRSP receipt for the same period of time as the loan payments," McCullagh says, "the refund can be used to pay down debt, invest in a tax-free savings account or spend."

Form good financial habits

If you start saving and spending responsibly at a young age, it becomes habit-forming and a way of life. "For example, when you get a raise at work, give your RRSPs a raise," McCullagh says.

When you see the positive results of your healthy financial habits, it will motivate you to continue them.

JANE DOUCET

The sooner you start investing and building an RRSP, the sooner you can start taking advantage of compound interest. BRAND X PICTURES/THINKSTOCK

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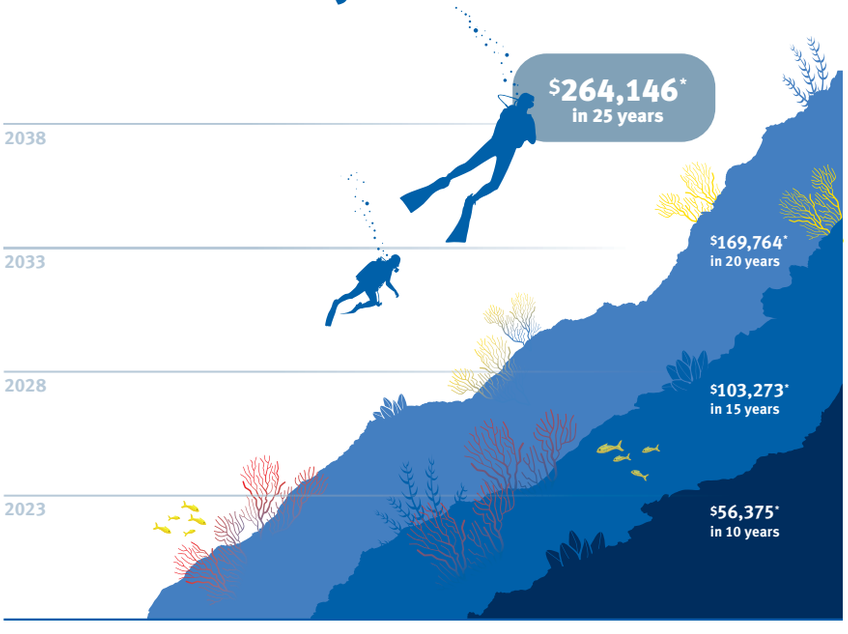

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NHL

Vanek garners first-star status

Buffalo Sabres left-winger Thomas Vanek was named NHL's first star of the week Monday after leading all players with 10 points last week.

Pittsburgh Penguins left-winger Chris Kunitz earned the second star and Vancouver Canucks goaltender Roberto Luongo picked up the third star.

Vanek recorded five goals and five assists in four games. THE CANADIAN PRESS

Buffalo Sabre Thomas Vanek celebrates scoring against the Boston Bruins on Thursday in Boston. GETTY IMAGES

NHL

Rangers and Wild wheel and deal

The New York Rangers traded rugged forward Mike Rupp to the Minnesota Wild on Monday for forwards Darroll Powe and Nick Palmieri.

The Rangers have been looking for depth at forward to complement their top line of Rick Nash, Brad Richards and former Wild star Marian Gaborik. New York is also dealing with the loss of captain Ryan Callahan, who is currently sidelined by a dislocated shoulder.

Rupp has played in 565 NHL games over 10 seasons with New Jersey, Phoenix, Columbus, Pittsburgh and the Rangers.

THE ASSOCIATED PRESS

Winnipeg Jets forward Mark Scheifele takes a shot on Tampa Bay Lightning goalie Anders Lindback. The Jets will be back at home tonight after three straight losses on the road. CHRIS O'MEARA/THE ASSOCIATED PRESS

Jets back home after rough road stretch

Halting the slide.
Team looks for revenge Tuesday versus the Panthers, who beat them 6-3 last week

The road was not kind to the Winnipeg Jets last week. They're back home now and ready to turn things around after losing three straight games away from the MTS Centre.

The Jets were brimming with confidence after recording seven points over their first five games. But Winnipeg paid for its sloppy play on the road and will take a 3-4-1 mark into Tuesday's game against the visiting Florida Panthers.

"If we win the Florida game we end up being back at .500 and we're going to move forward from there," Jets coach Claude Noel said after practice Monday. "We know what's the reality of things, we're in the game, we see what we're doing, now it's time to correct it and go forward from that."

Winnipeg has taken far too many penalties and given up several power-play goals of late. An ugly 8-3 loss in Tampa Bay on Friday provided the most striking example.

"It goes without saying against Tampa Bay you want to stay out of the penalty box and we didn't do that and you saw the result," said forward Blake Wheeler.

"The why may be kind of a mystery right now. We just have to go back to moving our feet and playing a certain brand of hockey and maybe have faith that's going to take us where we want to go."

Execution

"It's up to us as a team to buy in and be more disciplined."
Winnipeg Jets forward Chris Thorburn

The Jets handed the Lightning two five-on-three chances.

Injuries have also depleted Winnipeg's strength. They started the season without defenceman Zach Bogosian, still recovering from wrist surgery.

Then defenceman Dustin Byfuglien hurt himself before he even had a chance to suit up in Florida. He's still listed as day to day.

Not only is Byfuglien an imposing physical presence on the ice, he was the No. 2-scoring defenceman in the NHL last season.

One of the three recent road losses was to the Panthers, so Tuesday's game gives the Jets a chance for revenge. THE CANADIAN PRESS

Staal brothers power Hurricanes past Leafs

Toronto Maple Leaf Korbinian Holzer pushes Kevin Westgarth in front of James Reimer on Monday in Toronto. RENE JOHNSTON/TORSTAR NEWS SERVICE

Jordan Staal scored his first goal with the Hurricanes and his brother Eric added the winner Monday as Carolina defeated the Toronto Maple Leafs 4-1.

Patrick Dwyer, with a goal and an assist, and Justin Faulk also scored for Carolina, which got 41 saves from Cam Ward. Jeff Skinner added three assists for the Hurricanes.

Matt Frattin scored the only goal for Toronto, with James Reimer making 35 stops in defeat.

Trailing 1-0 after the first, the Hurricanes tied it just 1:21 into the second. After Skinner beat out an icing call, Dwyer fed an unmarked Jordan Staal in front for his first goal with the Hurricanes since coming over in a trade with the Pittsburgh Penguins at June's NHL draft. Staal also picked up an assist on Dwyer's goal.

Eric Staal then hit the post a few minutes later as the Hurricanes rebounded from a sluggish opening 20 minutes to grab momentum with the first nine shots of the second period.

The Hurricanes' captain had better luck with his next chance to give Carolina (4-4-0) the lead with his seventh of the season at 10:21 on the power play.

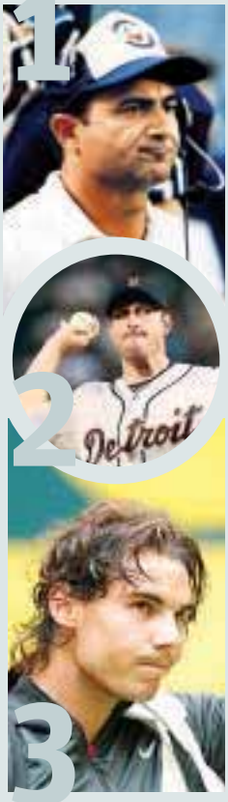
The Leafs (4-5-0) thought they had tied the score with 1:16 left in the second when Kostka's shot from the point deflected in off Tyler Bozak. But after video review, officials ruled the Toronto centre had kicked the puck in past Ward. THE CANADIAN PRESS

On Monday

Hurricanes	Leafs
4	1

4 SPORTS

Sports in pictures



1 CFL. 'Obie's' time over in Hamilton

Bob O'Billovich officially announced his retirement Monday at the Tiger-Cats' business office in Hamilton. The 72-year-old affectionately known as "Obie" spent the last five seasons with the Ticats — four as GM before being promoted to vice-president of football operations in 2012.
THE CANADIAN PRESS

2 MLB. Tigers secure 1 year from Scherzer

The Detroit Tigers agreed to a one-year, $6,725,000 contract with right-hander Max Scherzer on Monday and avoided salary arbitration.
THE ASSOCIATED PRESS

3 Tennis. Nadal will play with pain in return

Rafael Nadal's ailing left knee may continue to bother him until the end of the month, his coach said Monday. Nadal opens play on Tuesday in the VTR Open in Chile, playing doubles with Juan Monaco. On Wednesday, he will play singles against the winner of a first-round match between Guido Pella and Federico Delbonis.
THE ASSOCIATED PRESS

Officials left in the dark

Lights-out Super Bowl. Culprit of power outage may not be known for days, says energy company exec

Who turned out the lights?

The day after the 34-minute blackout at the Super Bowl, the exact cause — and who's to blame — is unclear, though a couple of potential culprits had been ruled out.

It wasn't Beyoncé's electrifying halftime performance, according to Doug Thornton, manager of the state-owned Superdome, since the singer had her own generator. And it apparently wasn't a case of too much demand for power. Meters showed the 76,000-seat stadium was drawing no more electricity than it does during a typical New Orleans Saints game, Thornton said.

The lights-out game Sunday proved an embarrassment for the Big Easy just when it was hoping to show the rest of the world how far it has come since Hurricane Katrina in 2005. But many fans and residents were forgiving, and officials expressed confidence that the episode wouldn't hurt the city's hopes of hosting the championship again.

To New Orleans' great relief, NFL Commissioner Roger Goodell said the city did a "terrific" job hosting its first pro-football championship in the post-Katrina era, and added: "I fully expect that we will be back here for Super Bowls."

Fans watching from their living rooms weren't deterred either. An estimated 108.4 million people saw the Baltimore Ravens beat the San Francisco 49ers 34-31, making it the third-most-viewed program in television history. Both the 2010 and 2011 games hit the 111 million mark.

The problem that caused the outage was believed to have happened around the spot where a line that feeds current from the local power company, Entergy New Orleans, connects with the Superdome's electrical system, officials said. But whether the fault lay with the utility or with the Superdome was not clear.

Determining the cause will probably take days, according to Dennis Dawsey, a vice-president for distribution and transmission for Entergy.

Sunday's Super Bowl was New Orleans' 10th as host, and officials plan to make a bid for an 11th in 2018.

Mayor Mitch Landrieu told WWL-AM on Monday that the outage won't hurt the city's chances, and he joked that the game got better after the blackout: "People were leaving and the game was getting boring, so we had to do a little something to spice it up."
THE ASSOCIATED PRESS

A big deal in Canada

18.2M

Overall, more than 18.2 million viewers in Canada watched some or all of the game on RDS or CTV, CTV said. The game attracted an average audience of 7.33 million viewers on those channels.

The Superdome is seen after lights went out during the Super Bowl on Sunday in New Orleans. The exact cause is unclear. MARCIO SANCHEZ/THE ASSOCIATED PRESS

Downhill skiing. Guay ready to defend title at world championships

Reigning world downhill champion Erik Guay knows the course at the world ski championships hasn't been kind to him in the past.

But the Canadian veteran is still confident ahead of the event — which begins Tuesday and concludes Feb. 17 — thanks to a run of solid results in recent weeks.

"I feel good about everything," Guay said Monday on a conference call. "I was really satisfied with my month of January. We had a good game plan coming into January."

Guay, who took silver a week ago at a World Cup downhill in Kitzbuhel, Austria, said he's ready to try to defend his world title.

"I feel like I'm prepared," he said. "I know that it's going to be different, special conditions here, but I'm looking forward to this week, I think it's going to be exciting."

He's only been on the course once before — in two races last year — and didn't finish well.

"My results historically haven't been that great," he said. "Last year I think I finished 15th or 16th, somewhere around there."

Guay, from Mont-Tremblant, Que., won his downhill title in Garmisch-Partenkirchen, Germany, in 2011.

Reigning world downhill champion Erik Guay says he's feeling good ahead of defending his title at the world ski championships.
THE CANADIAN PRESS FILE

He expects the Schladming course will be a challenge.

"It's not really steep, especially on the top sections, a lot of terrain to it," he said. "Lots of rolls, ups and downs, with about, I should say, five downhill turns of steep terrain towards the finish area."

Guay is looking to continue Canada's downhill success that started when Jan Hudec of Calgary won silver six years ago in Are, Sweden. Two years later, John Kucera of Calgary claimed the title in Val d'Isere, France.

Guay plans to compete in the men's super-G race Wednesday ahead of Saturday's downhill. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	6	3	0	30	22	12
New Jersey	8	4	1	3	20	19	11
NY Islanders	8	4	3	1	27	26	9
NY Rangers	8	4	4	0	19	22	8
Philadelphia	9	3	6	0	21	26	6

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	8	6	1	1	24	19	13
Montreal	8	6	2	0	26	17	12
Ottawa	9	5	3	1	25	16	11
Toronto	8	4	4	0	21	23	8
Buffalo	9	3	5	1	27	33	7

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	8	6	2	0	39	21	12
Winnipeg	8	3	4	1	24	32	7
Carolina	7	3	4	0	18	23	6
Florida	8	3	5	0	20	30	6
Washington	9	2	6	1	21	33	5

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	9	7	0	2	28	20	16
St. Louis	8	6	2	0	31	19	12
Detroit	8	4	3	1	22	24	9
Nashville	8	3	2	3	14	20	9
Columbus	9	3	5	1	18	28	7

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	8	4	2	2	21	20	10
Edmonton	8	4	3	1	20	21	9
Minnesota	8	4	3	1	20	22	9
Colorado	8	4	4	0	19	20	8
Calgary	6	1	3	2	16	24	4

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	8	7	0	1	30	14	15
Anaheim	7	5	1	1	27	22	11
Phoenix	9	3	4	2	27	26	8
Dallas	9	3	5	1	17	23	7
Los Angeles	7	2	3	2	16	23	6

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results
Carolina at Toronto
Dallas at Colorado
Minnesota at Phoenix
Vancouver at Edmonton
San Jose at Anaheim

Sunday's results
Pittsburgh 6 Washington 3
Montreal 2 Ottawa 1
Florida 4 Buffalo 3
New Jersey 3 NY Islanders 0

Tuesday's games — All Times Eastern
Toronto at Washington, 7 p.m.
Los Angeles at Columbus, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Tampa Bay at Philadelphia, 7:30 p.m.
Calgary at Detroit, 7:30 p.m.
Buffalo at Ottawa, 7:30 p.m.
Florida at Winnipeg, 8 p.m.
Nashville at St. Louis, 8 p.m.
Chicago at San Jose, 10:30 p.m.

Wednesday's games
Boston at Montreal, 7:30 p.m.
Anaheim at Colorado, 9:30 p.m.
Dallas at Edmonton, 10 p.m.

NFL

SUPER BOWL XLVII

Sunday's result — at New Orleans
Baltimore 34 San Francisco 31

RAVENS 34, 49ERS 31

Baltimore	**7**	**14**	**7**	**6—34**
San Francisco	**3**	**3**	**17**	**8—31**

FIRST QUARTER
Bal — Boldin 13 pass from Flacco (Tucker kick), 10:36.
SF — FG Akers 36, 3:58.
SECOND QUARTER
Bal — Pitta 1 pass from Flacco (Tucker kick), 7:10.
Bal — Jones 56 pass from Flacco (Tucker kick), 1:45.
SF — FG Akers 27, 0:00.
THIRD QUARTER
Bal — Jones 108 kickoff return (Tucker kick), 14:49.
SF — Crabtree 31 pass from Kaepernick (Akers kick), 7:20.
SF — Gore 6 run (Akers kick), 4:59.
SF — FG Akers 34, 3:10.
FOURTH QUARTER
Bal — FG Tucker 19, 12:54.
SF — Kaepernick 15 run (pass from Kaepernick to Moss), 9:57.
Bal — FG Tucker 38, 4:19.
SF — Safety Culliver snapped ball out of end zone, 0:04.
Attendance — 71,024 at New Orleans.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	30	14	.682	—
New York	30	15	.667	1/2
Chicago	29	18	.617	2 1/2
Indiana	28	19	.596	3 1/2
Brooklyn	28	19	.596	3 1/2
Atlanta	26	20	.565	5
Milwaukee	25	21	.543	6
Boston	24	23	.511	7 1/2
Philadelphia	21	26	.447	10 1/2
Detroit	18	30	.375	14
Toronto	**17**	**31**	**.354**	**15**
Orlando	14	34	.292	18
Cleveland	14	34	.292	18
Charlotte	11	35	.239	20
Washington	11	35	.239	20

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	38	11	.776	—
Oklahoma City	35	12	.745	2
L.A. Clippers	34	15	.694	4
Memphis	30	16	.652	6 1/2
Golden State	30	17	.638	7
Denver	30	18	.625	7 1/2
Utah	26	22	.542	11 1/2
Houston	26	23	.531	12
Portland	24	23	.511	13
L.A. Lakers	22	26	.458	15 1/2
Dallas	20	27	.426	17
Minnesota	18	26	.409	17 1/2
Sacramento	17	32	.347	21
Phoenix	16	32	.333	21 1/2
New Orleans	15	33	.313	22 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Monday's results
L.A. Clippers at Washington
Philadelphia 78 Orlando 61
Chicago at Indiana
Detroit at New York
Charlotte at Miami
Dallas at Oklahoma City
Portland at Minnesota
Sacramento at Utah

Sunday's results
Boston 106 L.A. Clippers 104
L.A. Lakers 98 Detroit 97
Miami 100 **Toronto 85**

Tuesday's games — All Times Eastern
Atlanta at Indiana, 7 p.m.
L.A. Lakers at Brooklyn, 7:30 p.m.
Phoenix at Memphis, 8 p.m.
Golden State at Houston, 8 p.m.
Milwaukee at Denver, 9 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
The world around you may be chaotic but you are a vision of calm. It may be unusual for you to be this laid-back. But if you are smart, you will do whatever it takes to make it last as long as possible.

♉ Taurus
April 21 - May 21
Changes in your place of work may be causing you all sorts of problems at the moment but there is really nothing to worry about. In fact, in the longer term these changes may be just what you need.

♊ Gemini
May 22 - June 21
Be dynamic. Be different. The more chances you take between now and when the Sun changes sign in a couple of weeks time, the more options you will have later in the year. Dare to follow your dream.

♋ Cancer
June 22 - July 23
You need to confront your fears head-on. The planets urge you to be brave and face up to what has been worrying you these past few months. Make this the day when you seize back the initiative.

♌ Leo
July 24 - Aug. 23
No one has the power to burst your bubble. The more others spin tales of despair and destruction, the more you will laugh in their faces. Quite right too. Life is good and getting better by the day, the hour, the minute.

♍ Virgo
Aug. 24 - Sept. 23
Your attitude seems a lot more positive now, especially where relationships are concerned. No doubt it has something to do with Mercury's move into your opposite sign. It signals a more upbeat approach to life in general.

♎ Libra
Sept. 24 - Oct. 23
Cosmic activity in your fellow Air sign of Aquarius urges you to be adventurous. You can be a star over the next few days, if you have the guts to go out there and make a spectacle of yourself. So, do you?

♏ Scorpio
Oct. 24 - Nov. 22
Go along with what your friends suggest today, even if your heart is not really in it. Chances are it will develop into the kind of situation where you not only have a lot of fun but make some money as well.

♐ Sagittarius
Nov. 23 - Dec. 21
If you have not made up your mind about where your next vacation will be, you must get on it straight away. The Sun moves out of the travel area of your chart in two weeks. Make a decision by then.

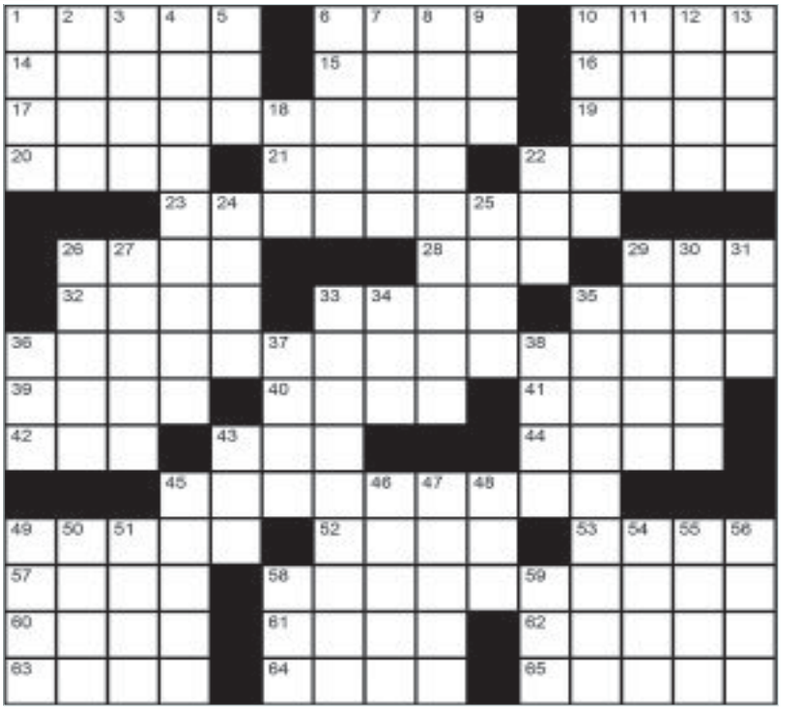
♑ Capricorn
Dec. 22 - Jan. 20
Because you can see both sides of an issue, you may find it hard deciding who to support. But what makes you think such a decision is necessary? Stand back and let your rivals fight among themselves.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun remains in your sign until the 18th, which means you have plenty of time to make your mark. Whatever successes you have enjoyed or failures you have endured, put them all behind you and do something remarkable.

♓ Pisces
Feb. 20 - March 20
Mind planet Mercury moves into your sign today, making it easier for you to see things as they really are rather than as how other people want you to see them. You'll realize that most of your fears are unfounded. SALLY BROMPTON

Crossword: Canada Across and Down

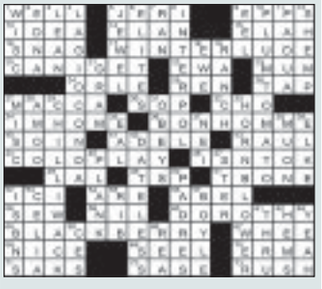
BY KELLY ANN BUCHANAN



Across
1. Actor Johnny's surnamesakes
6. Barney and Betty's baby, when doubled
10. Air heroes in war
14. All
15. 16 Wing Borden, the 'Birth-place of the _ _ _ _'
16. Credit card
17. 1700s French fortress on Cape Breton Island
19. How Canada Geese fly, __ _ _ shape
20. Bag style
21. Wine bottle plug
22. Raising the Roof's money-raising red hat to help the homeless
23. Meewasin Valley Trail locale
26. Commedia dell'__ (Centuries-old improvised comedy)
28. Like some humour
29. Cable network
32. "__ & Stitch" (2002)
33. US music trade org.
35. Ireland
36. Peter MacKay's government job: 2 wds.
39. Paris airport
40. Port of Yemen
41. Leave out
42. Hiver's French opposite
43. "So long."
44. Meshworks
45. Support together
49. Honeydew __
52. Cut of meat
53. Swiss peaks
57. "Pronto!"
58. Provincial bird of Ont.: 2 wds.
60. Foot injury result
61. Prefix to 'allergenic'
62. Air freshener target
63. Some slitherers
64. Greyish
65. Boat poles

Down
1. Shoulder muscle, informally
2. Cooking oil, to Rachael Ray
3. __-etre (Perhaps, in Montreal)
4. Vancouver-born actor Jason
5. Method [abbr.]
6. Stream
7. Luxury brand from Honda
8. Samuel Langhorne Clemens' pen name: 2 wds.
9. Factory activity [abbr.]
10. Engined bird flying over Montreal?
11. Five: French
12. Jacob's twin in the Bible
13. Conserve
18. Cavemen yrs.
22. Mattel product
24. "__ Flux" (2005)
25. Port city of Algeria
26. __ Bay, British Columbia
27. __ through (Plunder)
29. Band's cue to start: 2 wds.
30. Wrestling great Mr. Hart's
31. Not 'neath
33. Sends out soldiers again
34. "_ __ Mine" by The Beatles
35. Victor Hugo character
36. Anonymous surname
37. Small islands
38. Prefix to 'sphere'
43. "__ voyage!"
45. Hamilton's __ Coliseum
46. Pizazz
47. Leonard of "Star Trek"
48. __-Cat (Ski hill machine)
49. __ fide (In bad faith)
50. 'Photosynth' suffix
51. Light source
54. Toilets, British-style
55. Sulk
56. Grads-to-be, for short
58. "__-ching!"
59. Name: French

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3					5	7
5		6			9	4		
		8		5				
			4	1		3		
1			7		5			4
		2		3	6			
				2		6		
		7	1			9		8
6	2					5		

Yesterday's Sudoku

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -15° MIN: -18°	MAX: -11° MIN: -14°	MAX: -11° MIN: -14°

BT BREAKFAST TELEVISION

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WEATHER SPECIALIST
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